

Department of Rheumatology

Love Your Bones 9

Wednesday 24th June 2015

DELEGATE APPLICATION FORM

Please complete attached application form and return to Mrs Margaret Fletcher,

Rheumatology Department

Queen Alexandra Hospital Cosham, PO6 3LY or FAX to 023 9228 6862 or email:

rheumatology.conference@porthosp.nhs.uk

I will be attending the Love Your Bones	
 Conference on Wednesday 24th June 201	5

Name:						
Address	:					

Pr	ostcode:
	Jicouc

Email: I will be accompanied by (relative/ friend(s))



Osteoporosis, which means thin bone, is a disease in which the thickness (density) and quality of bone are reduced.

As bones become more porous and fragile, the risk of fracture is greatly increased.

The loss of bone occurs silently and progressively. Often there are no symptoms until the first fracture occurs.

Medication-compliance

Please return your application form before 1st June 2015

"If Healthy/ Bone Health life style changes could be taken as a pill, it would probably be the single most widely prescribed and beneficial medicine in the nation."



Love your Bones 2015

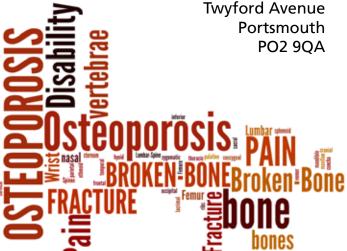
Bone Health and Osteoporosis Patient and Public Conference

WEDNESDAY 24th June 2015

10.00am-4.00pm

Mountbatten Centre

Alexandra Park **Twyford Avenue**



Working in partnership with Portsmouth **Group National Osteoporosis Society and Portsmouth ARMA Local Network**





The "Love your Bones conference" is your most comprehensive local patient and public conference for Bone Health and Osteoporosis education.

We are very fortunate that local Doctors, Health Care Professionals and the National Osteoporosis Society are committed to providing members of the local community with accurate, up-to-date information about the diagnosis and treatment of bone health and osteoporosis.

Over the past 9 years the conferences have attracted a total audience of around 4,000 – please book early.

Reasons to Attend

Learn and Hear about:

- **osteoporosis risk factors** so you can make both life style and health care choices
- treatment options and outcomes from clinical trials and research
- answers to your questions from a wide variety of speakers and exhibition stand holders
- **submit your specific questions** to our experts in Bone Health, Osteoporosis and patient support
- **Meet other people** living with bone health and osteoporosis

We look forward to meeting you again on the 24th June 2015.

Dr Steven You Min Consultant Rheumatologist

-: 5 to to	consumation gist
Colin Beevor	Matron and Service Manager
Dr Annie Cooper	Consultant Rheumatologist
Sr Joanne Sayer	Senior Sister & Clinical Leader
Mrs Margo Berry	Chair person- Portsmouth

and district NOS Group

Programme

- 09:00 Registration and Exhibition
- **09:15** Optional talk Back to basics What is Osteoporosis- for newly diagnosed patients or those new to Osteoporosis
- **09:45** Welcome
- **10:00** Exercise to reduce pain & preventing falls
- 10:45 Back Pain Osteoporosis or Osteoarthritis
- 11:30 Refreshments and Exhibition
- 12:00 12 months on.... Fracture Liaison Service
 Update Your local National
 Osteoporosis Support group
- 12:30 So you think you know what the NHS is.... How you can get involved in decisions made about your NHS
- 13.00 Men get osteoporosis too
- 13:30 Lunch and Exhibition
- 14:15 Research- Pain and Osteoporosis
- 15:00 Refreshments and exhibitions
- **15:20** Osteoporosis and Pain Medication Update
- **16:00** Closing remarks Colin Beevor

Top Tips for delegates

- Take every opportunity to visit the variety of exhibition stands to find out about other local services supporting you in the community
- Refreshments and light snack lunch provided, sorry we are unable to accommodate special dietary needs
- Bring a cushion if you find conference chairs uncomfortable to sit on
- Hear Loop system provided
- Ask a family or friend to attend with you – please register them with your own registration form

I would like to know the answer to the following Bone Health / Osteoporosis Question.

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1 in 5 MEN
1 in 3 WOMEN

over the age of 50 will suffer a fragility fracture in their remaining lifetime.